

U. S.-JAPANESE ARMY IN SIBERIA

Joint Military Action to
Help Stabilize Gov-
ernment

NO MILITARY
INTERVENTION

Program of Military and Eco-
nomic Assistance—Ter-
ritorial Integrity Pledged

Washington, D. C., Aug. 5.—Official statements by the American and Japanese governments made Saturday night announce that the plan for extending military aid to Russia in Siberia will be undertaken by the United States and Japan alone, with the other allied cobelligerents assenting in principle. The United States and Japan will each send "a few thousand men" to Vladivostok, to act as a common force in occupying and safeguarding the city and protecting the rear of the westward-moving Czechoslovak army. The number of American troops, from where they will go, and when, may not be discussed.

While the United States and Japan are extending aid to the Czechoslovak army in Siberia, the United States will continue to co-operate with the allies operating from Murmansk and Archangel. To what extent and in what nature is not announced.

The only present objects of the Japanese-American forces will be to give such aid and protection as is possible to the Czechoslovak forces against the armed body of German and Austrian prisoners of war and to steady any efforts at self-government and self-defense in which the Russians themselves may be willing to accept assistance. Later the United States will send a commission of merchants, agricultural experts, labor advisers, Red Cross representatives and agent of the Young Men's Christian association to organize some way to meet the economic necessities of the stricken Russian people.

Both the United States and Japan in the official announcements make the most specific pledges of the action agreed upon, being wholly without thought of interference with the sovereignty of Russia or any interference whatever in her internal affairs. The Japanese government at the same time pledges itself that when the objects of the mission are accomplished it will withdraw every Japanese soldier and leave the sovereignty of Russia unimpaired in all its phases.

The agreement to which all the allies assent is largely the result of the personal efforts of President Wilson, who has been at work almost unceasingly for weeks to bring the nations together in the most effective plan, which at the same time will convince the Russian people that the aim was purely to help them preserve and develop their new-found democracy.

Food Lessons in Department Stores.

Department stores in many of the large cities have called on home demonstration agents to assist them in giving instruction in food conservation to their customers and employees. In some stores special rooms have been equipped where demonstrations are given and literature distributed. Attractive booths have been set in the aisles of others where exhibits of war cooking are shown and recipes are given out. The agents have worked with the window decorators in planning window exhibits. In many places wheat substitutes have been featured in demonstrations, and each purchaser has been supplied with recipes and instructions for using them. Classes for employees after hours have been arranged. In some cities the agent meets these groups regularly every week.



Some skin troubles
only need a little
Resinol
to heal them for good

For that itching patch of rash or eczema, try Resinol Ointment, before the trouble has a chance to become serious. You will doubtless be surprised to find how quickly it soothes and cools your irritated skin. Its harmless, gentle ingredients make it safe for the tenderest skin. All druggists sell Resinol.

CANNING WITHOUT SUGAR.

Rules Suitable for Decreased Allowance
Per Person.

The latest ruling regarding sugar gives only two pounds per person a month and states that no more sugar can be obtained for canning. This should not mean that canning cease. Fruits and vegetables must still be preserved for winter use, says the home economics department of the University of Vermont extension service.

Vegetables do not need sugar in canning at any time, so these should be canned in large quantities. Fruits, too, may be successfully canned without sugar and are satisfactory to use for pie fillings, puddings, sauces, salads and for fruit punches.

In canning fruits without sugar it is important to exercise special care. Only fresh, firm, sound products should be selected and should be prepared carefully by cleaning, sorting, stemming, seeding, paring and coring as the case requires. All equipment needed should be ready given to testing jars and selecting good quality rubbers.

In canning berries, they should be placed at once, after washing, into the jar, filling it compactly without crushing the fruit. This can be done by using a wooden paddle or by shaking the jar to settle the berries. Then place the jar in warm water and pour boiling water over the berries, instead of sugar syrup, filling the jar. Wipe around the mouth of the jar carefully with a clean cloth, place the rubber and glass top in position. Partially seal by placing the wire over the top, but do not push down the wire clamp. Immediately put the jar in the sterilizer (which in most cases will be a wash boiler) and sterilize for 30 minutes, counting the time when water begins to boil. The water in the sterilizer should cover jars at least an inch.

In canning hard fruits, such as peaches, apricots and apples, the product is blanched by putting into actively boiling water from one to two minutes. It is then dipped quickly into very cold water for about a minute, but not allowed to stand in the water. Finish preparing fruit which, with peaches and apricots, will be to remove skins. Pack in jars and continue as in case of berries.

After the fruit has been sterilized for the given length of time, remove jars from canner and seal completely. Invert to test for leaks in the seal and cool as quickly as possible, avoiding drafts. If a sweet canned product is desired, there are commercial syrups and other sugar substitutes which may be used satisfactorily. The light corn syrups are most satisfactory in canning strong flavored fruits, as cherries, pineapples, peaches and raspberries, for in these the flavor of the corn syrup is not noticed.

Persons interested further in canning literature should write to the extension service, University of Vermont, Burlington, for information.

HOG ISLAND'S FIRST BIG SHIP

"Another Milestone in America's Progress in the War Against Germany"

PRESIDENT AND
WIFE AT LAUNCHING

"Beginning of an Epoch in
Nation's History," Says
Chairman Hurley

Philadelphia, Aug. 5.—With President and Mrs. Wilson, officials of the shipping board and emergency fleet corporation and thousands of shipyard workers and their families looking on, the Quistoneck, a cargo-carrying vessel of 7,500 tons, went down the ways of the Hog Island shipyards to-day, marking, in the words of Chairman Hurley, of the shipping board, "another milestone in America's progress in the war against the German government."

The Quistoneck, of which Mrs. Wilson was sponsor, is the first of the large cargo-carrying vessels to be launched at the Hog Island yards, the largest shipyard in the world. It will be followed by another within a few weeks, and it is expected that more than 50 ships will be launched by the end of the present year.

"It was no mere incident in a nation's shipbuilding program that brought the president and Mrs. Wilson to the scene of this achievement," said Chairman Hurley, who was the principal speaker at the launching. "It was the beginning of an epoch in the nation's history."

"This launching marks another milestone in America's progress in the war against the German government. It marks the beginning of quantity production of ships in all the yards of the United States."

"It is doubtful whether any nation ever would have undertaken a shipbuilding program on such a large scale if Germany had not plunged the world into war," Mr. Hurley continued. "We are in it now, and we are going through with it. We are producing more tonnage to-day than the submarines are sinking, and from this time forward our great task will be to replace the tonnage that was lost in the days when we were far behind in the nerve-racking race with the sharks of the sea."

"We have made tremendous strides in the shipbuilding program, and I doubt whether I will ever have a better opportunity to state that the vast scope of this program was due to the vision of the president. Throughout the world, even in Germany, it is admitted to-day that America has made herself effective in the war. Not only America, but all the civilized nations of the world have become convinced that this country had no selfish purpose in the war; that this country would have kept out of it if its own honor had not been assailed and the welfare of all humanity had not been at stake."

"We are going through with the shipbuilding program to the finish, and we are going through with the war to a finish. The American government is planning for a long war because enduring peace will not be in sight until the militaristic system of Germany is broken. Nothing else will convince Germany of the supremacy of right over might. Nothing else will convince her that weak nations are not the natural prey of the strong."

"Even then, the shipbuilding program of America must go on. It will take five years to complete the program and place at the service of mankind a merchant fleet that will make enduring peace by bringing nations closer as the eastern and western and northern and southern

SCHOOL GIRL TELLS OTHERS

How They Can Find Relief
From Periodic Sufferings.

Nashua, N. H.—"I am nineteen years old and every month for two years I had such pains that I would often faint and have to leave school. I had such pain I did not know what to do with myself and tried so many remedies that were of no use. I read about Lydia E. Pinkham's Vegetable Compound in the newspapers and decided to try it, and that is how I found relief from pain and feel so much better than I used to. When I hear of any girl suffering as I did I tell them how Lydia E. Pinkham's Vegetable Compound helped me."—DELIA MARTIN, 29 Bowers St., Nashua, N. H.



Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs, contains no narcotic or harmful drugs, therefore is a perfectly safe remedy to give your daughter, who suffers from such painful periods as did Miss Martin.

The reason so many girls write Lydia E. Pinkham Medicine Co., Lynn, Mass., for advice, is because from their 40 years experience they have a store of knowledge which is invariably helpful.

states were brought closer by a nationwide system of railroads. The end of the war will find America master of the press of quantity production of ships. We will build ships for ourselves and for the world.

"The men who have worked on this ship launched to-day and on other ships that are being launched and will be launched, are makers of a new America. Through the efforts of the shipyard workers a large army now is in France and through the continuous work, an army steadily growing larger and larger eventually will overthrow the carefully constructed military machine with which Germany has sought to dominate the world."

DRAFT AGES

FROM 18 TO 45

Limits Will Be Recommended in War
Department's New Man-Power Bill
to Be Introduced to-day.

Draft ages from 18 to 45 years will be recommended to Congress in the bill embodying the war department's new man power program which will be introduced in both Houses of Congress to-day after formally announcing the new draft ages Saturday Secretary Baker said all the possible combinations of age limits were carefully studied and it was found that in order to get the men into class 1 for the program proposed 18 to 45 was necessary. He said, however, that the bill as recommended to Congress, will contain a provision authorizing the president to call men out of class 1 by classes according to ages, so that if it is found possible the men between 18 and 39 will be called out later than older men who are found eligible to class 1.

The war department program, the secretary said, is purely a military one and cannot be called a conscription of labor, although it naturally will have the effect of putting at useful labor or in the army all able-bodied men within the age limits. Mr. Baker continued, the department had in mind simply to get for the army the number of men which it is believed necessary to defeat Germany. The secretary was not prepared to say how many that would be nor to give any estimate as to the proportion of males within the ages 18 to 45 inclusive which would be found eligible. In making up the list and classes the same rules would be followed that had governed in the first draft, with the same exceptions from the first call of married men with dependents and those engaged in essential industries. Mr. Baker gave it as his opinion that so far about 1,600,000 had been drafted out of class 1 from the existing list.

Culling Out the Drones.

The importance of culling out the drones in the poultry flock under present conditions of grain, labor and general high prices, as well as for the conservation of all grain, cannot be over-estimated. Do you realize that about one-half of the yearlings and those older are generally thrown out as culls, and about 15 per cent of the young pullets? These culling features are simple, easily learned and are very effective. They have passed the theoretical stage and are now reduced to good, common-sense methods. The yearling drones are generally those that have the brightest plumage, plenty of yellow in the beak and shanks and a general sprightly appearance, while the heavy layers have drawn practically all the yellow from their beaks and shanks to make the yolk, their feathers are rough and draggled, and they present a rather dilapidated appearance. The latter are the ones to save. This is contrary to the general custom and may account to a certain extent for poor winter egg production.

In culling the young pullets, you haven't this data to help you, but there are other effective features which give you the same results: To be a good layer, say four or five eggs in a week, a hen or pullet must have the capacity to develop a lot of eggs—her intestines and egg organs must be very large, as she must have room for this increase. This is measured by the distance between the pelvic bones and the back end of the keel or breastbone; this space encloses the intestines and egg organs and must be deep, as her ability to lay is determined by her ability to feed the eggs.

There are other important points which will be taken up in detail at the fall culling demonstrations which are now being arranged and will be held practically all over the state. This work is being carried on by the extension service of the University of Vermont and state agricultural college in co-operation with the United States department of agriculture.

If you are interested and wish to see and learn in connection with this work, notify your county agent directly, so he may inform you just when and where the demonstration will be held in your section.

Topics of the Home and Household.

When frying griddle cakes, instead of greasing the griddle, rub it with a raw potato.

To clean a Panama hat which has become yellow and soiled, scrape about a teaspoonful of soda into a saucer and moisten with enough alcohol to make a soft paste. Apply to the hat with a brush or cloth, rubbing it in thoroughly, especially on the soiled and stained spots. After the hat is dry, wipe off the surplus soda with a stiff brush. The hat will be clean and fresh in appearance.

Supper Prepared By Students of Johnson School.

Nut Loaf—1 cup nut meats, 1 cup bread crumbs, 1 cup milk, 2 eggs, 1 teaspoon salt, 1/2 teaspoon pepper, 1 teaspoon celery salt, sage or both, 1 teaspoon chopped onion. Mix in order given and bake in a bread pan in a moderate oven, about one-half hour, or until set. Turn onto a platter and surround with cream or mashed potatoes.

Oatmeal Macaroons—1 egg, 1/2 cup sugar, 1 tablespoon melted fat, 1 cup rolled oats, 1-3 cup shredded coconut, one-half teaspoon salt. Beat egg until light, add other ingredients in order given, beat well and drop from a spoon onto a greased pan. Bake about 15 minutes in a moderate oven.

Sunset Pudding—1 orange, grated peel, 4 cups milk, 1/2 cup sugar, 5 tablespoons cornstarch, 2 tablespoons cocoa, 2 tablespoons currant jelly or a little red coloring. Add the sugar and orange peel to the milk and bring it to a boil, then add the cornstarch, wet with a little cold milk. Boil until thick, then divide into three parts. Color one part brown with cocoa, one pink with jelly, the other is yellow from the orange. Drop into a wet mould some of each in turn so the pudding is well streaked through. Let it stand until well set, turn out and serve with whipped cream.

Cornmeal Rolls—1 cup cornmeal, 1 cup flour, 4 teaspoons baking powder, 1/2 teaspoon salt, 3 tablespoons fat, 1/2 cup milk. Mix and sift dry ingredients, add milk and mix thoroughly. Roll lightly on floured board to thickness of one-half inch. Cut with a biscuit cutter, fold double, bake in a hot oven 15 minutes.

Cheese Wafers—One-half cup white flour, 1/2 cup rye flour, 1/2 teaspoon salt, 1/2 teaspoon paprika, 1 tablespoon shortening, 1/2 cup grated cheese, 1/4 cup cold milk. Mix and sift dry ingredients, add cheese, mix to a stiff paste with cold water. Roll out very thin, cut with a small cutter, place on a greased tin and bake in a moderate oven about six minutes. Serve with salad or soup.

Meatless Soups.

Cream of Celery Soup—Cut two large bunches of celery into one-inch pieces and boil in a quart of salted water to which a slice of onion and a few sprigs of parsley have been added. When tender drain and mash through a colander, rejecting all stringy parts. Put one quart of milk in a saucepan with the celery and let it cook gently for ten minutes. Thicken with two tablespoons of flour and two tablespoons of butter that have been well blended and allow to cook for 15 minutes more. Season with pepper and more salt if necessary and serve hot.

Cheese Soup—Scald one quart of milk with a blade of mace, a pepper pod and a tablespoonful of onion. Melt two tablespoons of butter and blend with two tablespoons of flour. Strain milk and seasoning and add gradually to flour mixture, stirring all the time. Return to double boiler to cook. When creamy add one-half cup grated cheese, salt and pepper, stirring until cheese is melted. Then pour over two well beaten egg whites, stirring all the time. Whip until frothy and serve.

Cream of Asparagus Soup—Canned asparagus may be used for this. Reserve tip ends of asparagus. Cut stalks into small pieces, add three cups of water,

ARMY DOCTORS SAY: RADWAY'S READY RELIEF Better Than ALL OTHER PAIN REMEDIES

A LETTER from Dr. Simpson of the Anderson Zouaves, N. Y. (62d Regt.), says:

"During the time our regiment was stationed on Elmer's Island we were out of medical stores. I obtained some of RADWAY'S READY RELIEF and used it with greater success in the treatment of Bowel Complaint, Colds, Rheumatism, Chills, Pains, Aches and Soreness of the limbs than all other remedial agents."

This letter was also approved by Col. Riker, Lieut. Col. Tidale and Gen. Oscar V. Dayton of the same regiment.

Cut out this card and send with name and address for this FREE SAMPLE BOTTLE of RADWAY'S READY RELIEF. For sale at all druggists, 25c, 50c, \$1.00.

boil 15 minutes, strain into a bowl and rub stalks through a sieve. Now add three cups milk, salt, pepper and onion salt or juice. Melt two tablespoons of butter, add four tablespoons flour and add the soup. Cook slowly, stirring constantly, add asparagus tips and serve at once. Do not boil hard or it may separate.

Rice Soup—One cup of rice, six cups of cold water, one small onion, one green pepper, one teaspoon of chopped parsley, two cups of cream, four tablespoons of butter, two tablespoons of flour, one teaspoon of Worcestershire sauce and salt, nutmeg and cayenne to taste. Cook the rice, onion and pepper in cold water until the rice is tender; add the flour, butter, cream and seasonings and boil for five minutes, then combine the mixtures.—Farm Life.

England's Shoulder to the Wheel.

We are daily being told that we must send wheat, meat, fats and sugar to England and our other allies, and the question is often asked, "What is England doing to provide herself with food?" The answer is, England is providing herself with a decidedly increasing amount of food. She is turning her moors and parks into vegetable gardens and fields of grain.

All England thinks now that it is better for the country if her famous private and public parks produce less beauty and more food. An early morning glimpse of Kensington gardens and Hyde Park reveals whole families at work, each in his allotted space, tilling and planting the soil where once were thick, velvety lawns.

One big factor in the increase of food production is the "back to the land movement" and the interest in agriculture stimulated by the help of women. They are working shoulder to shoulder in the fields, organizing townswomen and the old and young who are capable of doing agricultural work.

But England's achievement, in raising in the midst of all her perplexities a larger proportion of her food than ever before in history, would have been impossible without a larger use of American-made power machines than the English farmer would have tolerated three years ago. Three thousand five hundred tractors have been placed at the disposal of the farmers, and almost an equal number of cultivators and other auxiliary machines for use with tractors.

Thousands of plows and other horse-drawn implements are being supplied by the ministry of food to stimulate and help farmers and other food producers.

German prisoners are being used to help till the fields, for the labor shortage is a serious difficulty this year when the aim of all England is to get a vastly increased area under cultivation. Last year's increase over 1916 in potato area alone was 97,627 acres, representing in yield 1,400,000 tons of potatoes.

England has made a scientific selection in terms of food value of the things she ought to raise and she is putting forth supreme effort to provide herself with sufficient food of the kind she cannot import.

Dorothy Dexter.

FLOUR FROM ACORNS.

California Discovers Valuable Process to Conserve Tons of Nuts.

"Behold the humble acorn flour-eth," is the word that has been announced throughout our country by Mrs. Nellie Taylor, an industrious ranch woman, living in Plymouth, Cal., in the foothills of the Sierra Nevada, who has discovered a new use for the lowly nut.

"The Indians of the hills really taught me," Mrs. Taylor says. "I have learned many things since living among them. They saved our forefathers from famine in days past by teaching them the use of forest foods. Who knows but that the use of the acorn as flour may keep us from famine when this war causes a more serious shortage of foodstuffs?"

"When I first came to the coast," she continues, "I found that these primitive people were mixing a sort of cake, or patty, out of acorn meal, which they made by pounding the fruit with a pestle and mortar—I grind my flour in two small mills. They tell me that two grain sacks of acorn will last an Indian a year. When the economy call came I began to wonder why acorn flour wouldn't be a wholesome food for the white man." And then I began my experiments.

"An Indian who buried his father here the other day, who at the time of his death was something more than 100, said to me: 'You make acorn flour? Heap good; make big Indian no get cold; no get sick. Eat white man bread if get sick; no good!'

"There is no question about the food value of the product, but the unhappy part of it is that all acorns contain a characteristic bitterness that must be taken out. The Indians accomplish this by covering the meal with cedar leaves and pouring warm water over it, but this takes several washings. I have done some work in a chemist's laboratory myself, and with the help of Robert Strand, a young chemist, who was interested in my work, I use a preparation of soda, which, I believe, when improved, will eventually work the charm. The flour I now make is superior, in my estimation, to wheat flour for the making of cake. It is so light and soft. With a mixture of forty per cent white flour, I have prepared fruit cakes that the food authorities of California, and even the most unbelieving, pronounce as good as any they ever ate."

Mrs. Taylor has studied much about the acorn since she became interested in it as a food product. As far back as Bible times the acorn was used for food. One translation of the word "alah," used so much in connection with the Hebrew, is "oak." In other places it is spoken of as "cornder," or seed. The Bible speaks of the "cornder" being made into bread that tasted like the green olive.

In every great war acorns were used when there was a famine. This was true of our Revolutionary and Civil wars. The Germans to-day are making extensive use of them for making a coffee substitute. Mrs. Taylor, who prepares seven different kinds of "coffee" from the acorn, says the drinks are palatable and refreshing and that the Indians and many of the white residents of her section are using the nut in this way.

Stockmen throughout the western states are paying \$1 a sack for acorns as feed for stock. They say the acorn is next to corn in food value, and Mrs. Taylor points with pride to her own fat, glossy hogs as an example. Indians have long told what sweet venison acorns produce.

"Letters come to me every day," Mrs. Taylor says, "from poor people in sections where acorns grow abundantly, and go to waste by tons, begging for my recipe. To be able to go out and in an hour or two pick up enough of the nuts to make forty or fifty pounds of flour will mean everything to these people who are unable to buy white flour at the present price. It is for the sake of those who are so in need that I am working day and night to finish my experiment."

"When I am satisfied that I can no further improve upon my recipe," Mrs. Taylor adds, "I will give it to the public, or to Uncle Sam for his boys."—Kansas City Star.

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parable flavor and
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